Michio Kushi

Michio Kushi born 1926 in Japan) helped to introduce modern macrobiotics to the United States in the early 1950s. He has lectured about philosophy, spiritual development, health, food and diseases at conferences and seminars all over the world.

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Kushi received the Award of Excellence from the United Nations Society of Writers. In 1999, the Smithsonian Institution’s National Museum of American History opened a permanent collection on macrobiotics and alternative health care in his name. The title of the collection is the "Michio and Aveline Kushi Macrobiotics Collection." It is located in the Archives Center.

Michio and his wife Aveline are founders of The Kushi Institute, now in Becket, Massachusetts.

For their "extraordinary contribution to diet, health and world peace, and for serving as powerful examples of conscious living", they were awarded the Peace Abbey Courage of Conscience Award in Sherborn, Massachusetts on October 14, 2000.